

How to book or to find out more

Courses are free, easily accessible and are advertised and bookable through Eventbrite

Search [www.eventbrite](https://www.eventbrite.com), Warwickshire Children and Families or follow the link below:

<https://www.eventbrite.co.uk/o/warwickshire-children-and-families-17595309993>

If you would like to speak to someone further about the workshops or parenting programmes please call the family support line on 01926 412412, Monday to Friday 9.00 a.m. - 4.00 p.m. or email: ehparenttrainers@warwickshire.gov.uk



Parenting Programmes and Workshops for Parents and Carers

A guide to free parenting programmes and workshops available to Warwickshire families



Workshops

We offer a variety of 2 hour workshops online. These workshops offer an introduction for parents and carers to positive parenting strategies and help them to consider changes that may want to make in their family life. They are delivered regularly with a range of dates and times available including evenings.

Understanding Children's Behaviour (2-12 years)

This workshop explores how positive parenting strategies can help support parents and carers to gain a greater understanding of children's behaviours and the needs behind them. It also provides positive strategies to help manage children's challenging behaviours within the home.

Routines and Boundaries (2-12 years)

This workshop explores the importance of routines and boundaries in the home, for both children and adults. It supports parents and carers to identify and develop a good routine in the home, to help reduce stress and create a more calm and co-operative home life.

Sleep (2 years & upwards)

This workshop explores the importance of sleep, providing an understanding of the sleep cycles of children, good sleep hygiene, and the common causes of sleep issues. It also provides positive strategies to support good sleep in children and young people.

Safe Home, Happy Home

This workshop explores the importance of safety in the home. Identifying common risks including, dangers in the home, home conditions, hygiene and internet safety. Providing support and ideas to develop a safe and happy home.

Understanding your Teen A 4 Week Parenting Programme

This short programme will increase parents and carers understanding of teenagers feelings and behaviours by offering knowledge about how the brain develops during adolescence and the effect this has on the child during the teenage years. It will help parents and carers to link this understanding with some key strategies for maintaining and improving relationships.

Solihull Approach Online Guides

Free online parenting guides to help parents feel more confident

The courses can be accessed by following this link and entering the code BEAR when prompted.

<https://www.warwickshire.gov.uk/parentguides>

There are four guides available:

Understanding your pregnancy

<https://inourplace.heiapply.com/online-learning/course/4>

Understanding your baby

<https://inourplace.heiapply.com/online-learning/course/5>

Understanding your child

<https://inourplace.heiapply.com/online-learning/course/6>

Understanding your teenager

<https://inourplace.heiapply.com/online-learning/course/6>

Parenting Programmes

We offer a variety of full parenting programmes, which offer parents and carers a more comprehensive understanding of the challenges in parenting and supports parents in making the changes that will help them have a happier family life.

The Nurturing Programme (2-12years)

2 hour weekly sessions for 10 weeks

This programme provides adults and children with the understanding, skills and ability to lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive relationships. It supports parents and carers with a deeper understanding of why children behave as they do and helps them to explore different ways to guide children's behaviour.

Solihull Approach (0-18 years)

2 hour weekly sessions for 10 weeks

This programme provides parents and carers a better understanding about their child's and teen's brain development and how it affects their behaviour. It helps them to understand more about why children behave a certain way when they are angry, having a temper tantrum or having trouble sleeping and offers advice about how best support them.



Short Parenting Programmes

We offer a variety of short 5 week courses that offer parents and carers the knowledge of the foundations of positive parenting and behavioural approaches to common parenting difficulties and provides a more in depth look at how to make positive changes at home.

Sleep Tight (2years & upwards)

2 hour sessions for 5 weeks

This programme provides parents and carers with support to help children who are experiencing sleep problems. It offers individualised detailed advice and support regarding the importance of sleep and understanding sleep cycles, as well as some of the common causes of sleep issues. The programme provides helpful strategies to overcome these problems and establish appropriate bedtime routines.

The Nurture Parenting Puzzle (0-12 years)

2 Hour sessions for 5 weeks

This programme focuses on the key strategies of the Family Nurturing Programme. It supports parents and carers with a deeper understanding of why children behave the way they do, and how empathy, self-awareness, appropriate expectations and positive parenting are all good strategies to use to help guide challenging behaviours.

